

January 2024

High Lunch Menu

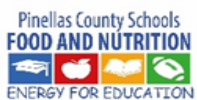
January is National Oatmeal Month!



Oatmeal dates back to 7000BC!

75% of all Americans eat oatmeal!

Oatmeal helps prevent heart disease!



Daily Lunch Choices

Choose 1:

Meat / Meatless Entrée,
Entrée Salads,
Cold Sandwiches

Must Choose at least 1:

Hot & Cold Vegetables
Variety of Fruits & Juices
(may choose up to 2 servings each of fruits & veggies with their meal)

May Choose 1 Milk:

Low Fat White,
Fat Free Chocolate,
Fat Free Strawberry or
Fat Free Skim

Monday

Tuesday

Wednesday

Thursday

Friday

1



2

Winter Holiday Break

3

4

5

Classes Resume
January 8th 2024



8

Choose One:
Texas BBQ Pork Sandwich
Managers Choice
Apple a Day Salad Plate
Greek Chicken Wrap
Choose:
Country Baked Beans
Tossed Side Salad

9

Choose One:
Grilled Cheese or
Grilled Ham n Cheese
Managers Choice
Chicken BLT Salad
Italian Sub Hoagie
Choose:
Tomato Soup
Sliced Cucumber Side Salad

10

Choose One:
Steak Finger Potato Bowl
w/ Biscuit
Managers Choice
Yogurt, Fruit & Granola Parfait
PBJ Triple Decker
Choose:
Mashed Potato & Gravy
Marinara Sauce Cup

11

Choose One:
Cheese Quesadilla
Managers Choice
Beef or Pork Taco Salad
Spicy Chicken Wrap
Choose:
Green Beans
Salsa Cup
Romaine Side Salad

12

Choose One:
Cheesy Shrimp Tacos
w/ Tortillas
Managers Choice
Fruit & Yogurt Plate
Turkey & Cheese Sandwich
Choose:
Broccoli Florets
Carrot Dippers Side Salad

15

No School for Students



16

Choose One:
Cheesy Bread
Chicken & Cheese Nachos
Chicken Caesar Salad
Ham, Turkey & Cheese Hoagie
Choose: Refried Fiesta Beans
Marinara Sauce Cup
Lettuce & Tomato Side Salad

17

Choose One:
Teriyaki Beef Dippers w/
Rice & Roll
Cheese Max Sticks
Popcorn Chicken Salad
Buffalo Chicken Wrap
Choose: Broccoli Florets
Marinara Sauce Cup
Sliced Cucumber Side Salad

18

Choose One:
Chicken Parm Sandwich
Hot Dog on a Bun
Greek Salad
Ham Croissant Munchable
Choose:
Crinkle Crispy Fries
Romaine Side Salad

19

Choose One:
Chicken Broccoli Penne
Alfredo w/ Garlic Roll
Fish & Tots Basket w/
Cornbread
Apple a Day Salad Plate
PBJ Uncrustable / 3x Decker
Choose: Green Beans
Carrot Dippers Side Salad

22

Choose One:
Chicken Nuggets
Pasta & Meat Sauce
(Garlic Toast with Both Entrees)
Yogurt, Fruit & Granola Parfait
Turkey Club Sub
Choose:
Sweet Potato Fries
Farmstand Veggie Dippers

23

Choose One:
Beef or Pork Tacos
w/ Tortillas or Chips
Mini Cheese Calzones
Chicken Caesar Salad
Ham & Cheese Hoagie
Choose: Marinara Sauce Cup
Santa Fe Black Beans
Sliced Cucumber Side Salad

24

Choose One:
Chicken Teriyaki Rice Bowl
Bacon Cheeseburger on a Bun
Apple a Day Salad Plate
Turkey Croissant Munchable
Choose:
Broccoli Florets
Lettuce & Tomato Side Salad

25

Choose One:
Brunch for Lunch
Breaded Chicken Drumstick,
Mac n Cheese, Garlic Toast
Harvest Farmers Salad
Chicken Caesar Wrap
Choose:
Deli Roasted Potato
Romaine Side Salad

26

Choose One:
Cheese Pizza Crunchers
Fish & Chip Basket w/
Cornbread
Fruit & Yogurt Plate
PBJ Uncrustable / 3x Decker
Choose:
Green Beans
Carrot Dippers Side Salad

29

Choose One:
Chicken Rice Bowls:
Cherry Blossom or Firecracker
Texas BBQ Pork Sandwich
Apple a Day Salad Plate
Greek Chicken Wrap
Choose:
Country Baked Beans
Tossed Side Salad

30

Choose One:
Grilled Cheese or
Grilled Ham n Cheese
Beefy-Mac w/ Garlic Toast
Chicken BLT Salad
Italian Sub Hoagie
Choose:
Tomato Soup
Sliced Cucumber Side Salad

31

Choose One:
Popcorn Chicken Bowl, Biscuit
Meat Lovers Stromboli
Yogurt, Fruit & Granola Parfait
PBJ Triple Decker
Choose:
Mashed Potato & Gravy
Marinara Sauce Cup
Farmstand Veggie Dippers

For Menu & Nutrition
Information or to download
the app on your device!

Visit nutrislice.com

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Menus are subject to change!

We do our best to provide our customers with all of our planned options, however occasionally weather, crops, and supplies have other ideas!

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